



recluse zine
issue(3)trois
august 2001
\$1.25



Recluse Zine
P.O. Box 09558
Columbus, OH 43209

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WALLY!!!
IN 2004

RECLUSE ZINE #3

AUGUST, 2001

01 - Introduction

COLUMNS

- 02 - The Suicide is OVER!!! w/Chris
- 04 - Jill's Reality Snacks
- 07 - Anna: For the love of animals

ARTICLES

- 10 - Dying to be thin... The hidden epidemic in America
- 15 - 20 ways to love your body
- 16 - Pressing our Luck: A brief history of nuclear mishaps

ORGANIZATION PROFILE

- 18 - Cozy Cat Cottage of Powell, OH
- 19 - Living with cat allergies: How you can keep your cat

COMMENTARY & CREATIVE WORKS

- 20 - "disconnected" by: d.a. johnston
- 22 - "Hud Housing Nirvana" & "White Noise" by: Ron Gibson Jr.
- 23 - "loose summation" by: d.a. johnston/nikki widner
- 24 - "06.13.01" & "on identity & acceptance" by: nikki widner
- 25 - "Milk Blue Day" & "Inventory" by: Christopher Jones
- 26 - George W. Bush: Saint or Satan?
- 27 - The Daily Dose

REVIEWS

- 28 - The Audio Files
- 30 - Book Review
- 31 - Zine Reviews
- 34 - Movies for viewing consideration

MISCELLANEOUS STUFF

- 35 - Classifieds
- 36 - Contest
- Bones Comix

The views or opinions
expressed herein do not
always reflect those of
RECLUSE ZINE *

*The views or opinions
expressed probably do
reflect the views of Recluse
Zine, we're just not ready
to take responsibility for
them yet.

Recluse is:

Jill Herbst - ¡Viva El! Presidente!

Chris Griffin - makes these things look so darn good & keeps 'em on time

The regulars:

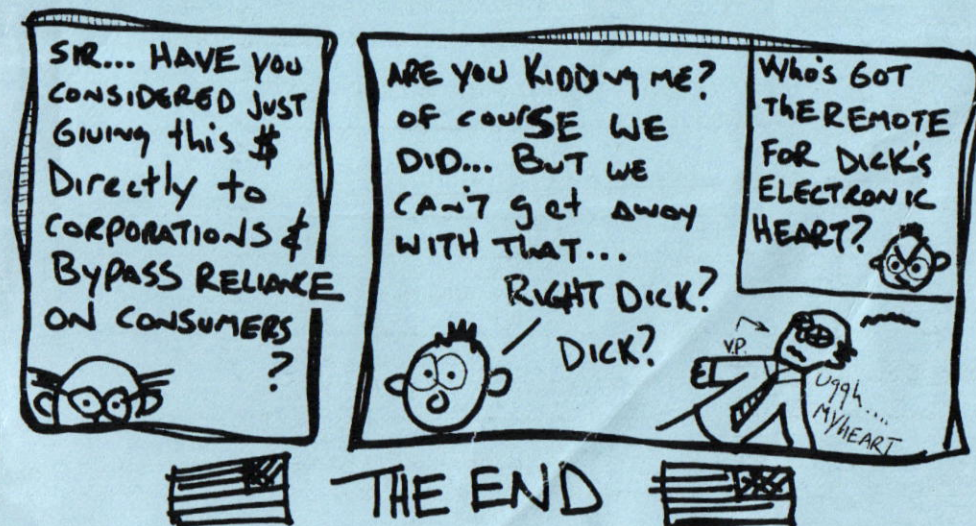
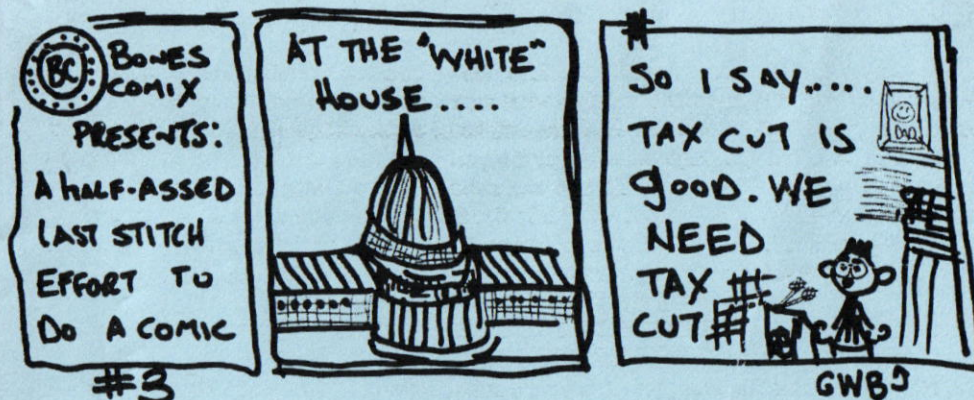
Anna, James Moore, d.a. johnston & Jake Monnin

Additional Contributors:

nikki widner, Ron Gibson Jr. & Christopher Jones (THANKS!!!)

Mucho Gracias to denah for the cover art!!!

The cats are: Wally, Edie, Grady, Tony, Nena & Pincushion (the turtle)



Drawn by: Sergio Knight / Story by: Mitchell Hodgemeyer / Inspired by: An idiot

C O N T E S T

In an effort to better improve Recluse, we've decided to hold a little contest. We've had a difficult time getting input on what we've published thus far, so it's time to pull off the typical, red-blooded, all-American tactic of **BRIBING** you for your opinions. All you need to do is cut this page out (or copy it if you don't want to destroy such a magnificent publication), fill out the questionnaire and send it in. We'll only accept 1 entry per person. All entries must be received by 12/01/01. Drawing is done at random. Include your mailing address, shirt size & email address. Please answer the questions honestly... Nice answers won't do us much good.

The prizes:

1st entry drawn will receive the "Recluse Party Pack":

(The RPP includes a Recluse T-shirt, a year's subscription to this fine publication and a high quality, vinyl Recluse Zine sticker to perfectly adorn your transportation of choice)

2nd entry drawn will receive:

(A year's subscription to Recluse and a Recluse Zine sticker)

3rd entry drawn will receive:

(A Recluse Zine sticker, a copy of upcoming issue #4 and our undying love)

1. Have you ever read Recluse Zine before? (Circle one) Y or N

If yes, how does this issue rate to previous issues? _____

2. On a scale of 1 to 5 (1 being poor, 5 being excellent), how do we rate in the areas of:

Quality of information (Did you learn anything from this issue? Was it entertaining?)

1 2 3 4 5 comments: _____

Amount of information (Do you feel that there is enough info. or do we need more?)

1 2 3 4 5 comments: _____

Layout and production (Do the layouts look clean and concise or thrown together?)

1 2 3 4 5 comments: _____

Creativity (Are the ideas ones that have been beaten to death?)

1 2 3 4 5 comments: _____

3. If you could change one thing about Recluse, what would it be?

4. Any thoughts on how we can improve?

5. When you were done reading this issue, did you feel like you learned anything useful or felt enlightened on issues you hadn't thought about? Y or N

If Yes, what were they? _____

Send your entry to: Recluse Zine P.O. Box 09558 Columbus, OH 43209

INTRO...

Talk about hectic! This past month has been pretty crazy here at Recluse headquarters. Chris and I have taken in another cat (and we still have two others available for adoption!) and have had to shift our lives around to accommodate him. To tell you the truth, this can be a bit taxing, but I've read in more than one place that it makes all the difference in the world to the cats that you do help. I believe this. I just have to take one look at these cuties and think that at least they are here with us instead of out on the streets.

It's a good feeling...

Okay, on to this brand spanking new issue of Recluse. We're pretty pleased with the way it turned out, and I hope you will be too! But if you aren't, we want to know (and if you are, we want to know that, too), so in the back of this copy we have included a **CONTEST** in an attempt to receive some feedback from our readers. All you have to do is tell us what you think, and you can be entered into a drawing to receive **PRIZES!!**

I'll bet you're just dying to jump right to the back **FOR YOUR CHANCE TO WIN PRIZES**, but wait! There's plenty of other stuff in this issue just as good as a chance to win **prizes**. Anna's column draws us into the world of pet overpopulation as she describes her experience volunteering for a local humane society, Chris writes about a long, dry spell (metaphorically speaking), and I comment on the apparent "separate but equal" status of women in America. James is on sabbatical this issue, but never fear! He'll be back in November, fresh and energized and ready to knock your socks off with his wry and witty style. Denah once again graces us with her artistic talents, and also designed this issue's cover.

We have three contributors this issue: Ron Gibson Jr. from Washington state, Nikki Widner from Colorado (formerly Athens, Ohio), and Christopher Jones from Minneapolis, who is publisher and editor of Lost Prophet Press & Thin Coyote.

And if that's not enough, you'll find an overview of eating disorders in America, a profile of Cozy Cat Cottage in Powell, Ohio, music, book, movie, and zine reviews... So are you still thinking about **YOUR CHANCE TO WIN PRIZES?**

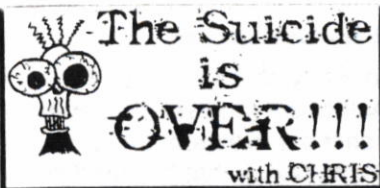
Enjoy!
—Jill

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email: info@reclusezine.com

on the web: www.reclusezine.com



I wish it would rain. Rain would change everything—at least for a bit. At night, the streetlights illuminate thick, clouds of hot humidity that hang over our heads like unfriendly ghosts. I can feel the burn in my

legs from sleeping on the floor. An ache that centered itself in the square of my back, knowing that at some point in time, I was in some strange, contorted and unnatural position while I slept. Or the red spot on my left eye from either rubbing it too much or just not sleeping very well. In a way, I just feel old.

I used to get laughed at a lot for saying things like that. "You're in your twenties... Why, when I was your age..." I'm glad for you. While most people have vivid and colorful memories of growing up, I remember nothing. I feel nothing. A few stray thoughts here and there but nothing that stands out as particularly enjoyable or satisfying. I used to think about a lot of different things and now that all seems swept away. I keep wondering if that's old age or some strange disease that is deteriorating my mind—maybe it's just stress. We've been sleeping on the floor to make room for another cat and the kitty count is now up to five.

Tony has AIDS and is staying in our bedroom. He was a local alley cat that I imagine slept all day and came out at night to hunt, scavenge for food or just be aware enough to protect himself from other nocturnal animals. He hasn't broken that cycle yet. He sits by the window and meows all night, yearning to go outside and play or engage in some sort of wandering adventure. The day we brought him in he was a scratched up, bloodied mess. The result of one too many fights with the hard core dumpster diving raccoons. We'd seen him around quite a bit before and he seemed way too friendly to be feral. I'd put too much faith in our neighbors that someone might feel sorry enough to take him in, to love and take care of him forever. Yet, there he was. Purring and coughing and rubbing up to our legs. Bleeding...

If only it would rain now. The heat makes everything so stagnant and still. Like the earth just stopped moving and we're all stuck in the day—this endless day. Change is what makes me feel alive. Switching jobs, moving to a new city or embarking on some new adventure. Going somewhere—anywhere. Stuck in a rut of a cycle of going to work and doing the exact same thing every day and every night. Having no friends to talk to. Maybe that's where my attention is being lost. I have no friends at work. I go there to do my job like a good little gear in the corporate machine. I work when I have to and I don't when I don't. I'm getting to feel like I felt after I worked there for a while.

For a year, I drove a three-hour round trip commute and the only way to cope was to perfect complete mind detachment. My brain would go on a temporary shutdown and like that, I'd be home—or at work. With a snap of the fingers, it was done. Driving makes you stupid... That mindlessness slowly crept into my workday. Snuck in on my evenings, making it a 24-hour thing. It was like trying to quit smoking. I would be driving somewhere and the next thing I know, I had just walked out of some convenience store, packing a pack of Camels, suddenly

CLASSIFIEDS



not all of society's needs are this obvious.

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MOVIES FOR VIEWING CONSIDERATION

Compiled by: JH(Jill Herbst) & CG(Chris Griffin)

The Usual Suspects - A classic whodunit starring Kevin Spacey, Gabriel Byrne, Kevin Pollack, Stephen Baldwin, and Benicio del Toro. Great acting, wonderful cinematography, and a definite foreboding tone throughout. You know it's a good movie when you can watch it over and over even after the mystery's been solved. (JH)

Fight Club - Although it was criticized for being ultra-violent, the critics truly missed the point. The violence is simply window-dressing for a movie that is actually an indictment of consumer culture in America. Somewhat confusing at times, once you can grasp it, it's definitely a thought-provoker. Edward Norton, Brad Pitt, and Helena Bonham Carter make up the cast of characters just trying to reach bottom. (JH)

The Daytrippers - I didn't think I would like this one but I did. A woman finds a love letter to her husband and she and her entire family (mom, dad, sister, sister's boyfriend) hop in the station wagon and head into town to confront the apparent philanderer. Very dialogue-heavy with strong character development, it's the witty lines that make the movie, because there's not much else to it. (JH)

Dr. Strangelove or: How I learned to stop worrying and love the bomb - A classic flick by Stanley Kubrick of 2001: A Space Odyssey and Clockwork Orange fame. Starring Peter Sellers who flawlessly plays 3 different main characters, this film takes a dark look at the nuclear arms race during the cold war. A frightening account of just how badly things can go wrong when someone with the power to launch a nuclear attack goes, well...
"A little funny in the head." (CG)

Zero Effect - Bill Pullman is Daryl Zero, "the world's most private eye." Famous for his ability to solve cases without ever leaving his house, he's forced to head to Portland to find a set of missing keys. A hopeless recluse with absolutely no social skills, it's amusing to see him slip in and out of character to complete the task at hand. Add Ben Stiller as the anal assistant and this movie finds its way into my top 5 favorites. (CG)

Dudes - The first time I saw this movie was about 12 years ago and I absolutely loved it. Dudes stars John Cryer, Daniel Roebuck & Flea as NYC punk rockers heading west in search of a better life, only to fall prey to rednecks in middle America. After one of them is murdered, the remaining two do some soul searching and end up seeking vengeance. The story line is a little contrived, but good none the less. Dudes also stars Lee Ving (of FEAR) who flawlessly plays the redneck bad guy. Directed by Penelope Spheeris (Decline of Western Civilization & Suburbia). (CG)

thinking to myself, "Dammit! Oh well, here goes another nail in the coffin..." I didn't have time to read anymore.

So then we moved closer to my job. I still don't have time to read and I don't know where that time goes. Check the email, make some dinner, feed the cats, clean some litter boxes, email people back, send out zines or CD or record orders. All the while I feel like, just rain... please! It's been sunny and hot for just a couple of days and yet it seems like an eternity. The rain would be good. Not just a little rain that dries as quickly as it ended, making it feel hotter than it was before. A good, hard, drenching that cleans the sidewalks and the drive-ways. One that cools the air and leaves puddles to tip toe around—just a little something to tell me that the world hasn't stopped, that things will change. That I won't feel as old as I do now. That I can stop reminding myself of some old quote I had read somewhere. "How old would you be if you didn't know how old you were?" I'm one hundred and eighty lately. That's a far cry from the actual twenty-seven.

"I've got one foot in the coffin and the other on a banana peel." I love that quote. So where does all this go? I'm not sure. Life can get pretty monotonous and automatic but it's good to remind yourself that at least you're alive, that you're loved and that you care for something that no one else does. That it's going to rain someday and all of this will change...

Now if only it would just stop raining...

I've been thinking a lot lately about things I liked to do. I was, at one point in time, a pretty good artist. I started taking art classes in 10th grade. My teacher was a product of the 60s and for some reason, was a mean, horrible person. At first, she hated my work. I showed her though... I figured out she liked contrast in my work. I could draw something really nice and neat and I would get a C. I could scribble out some nasty mess with deep contrast and get an A. It was too easy. At the same time, I started doing Bones Comix. The first series was called "Skate." This comic was about an annoying friend of mine who, among other things, got swatches for cleaning his room! So, then I moved. My next art teacher was another 60s type (there must be something to this). He loved my work, my cartoons and my sketches. He was also my drafting teacher. I won best of show for painting a couple of bottles and a cattle skull. When I graduated, I moved to Pittsburgh to go to tech school and he went to Nashville to record a country album (weird). I was now learning CAD (Computer-Aided Drafting) and I guess in some small way, I was still drawing. Bones Comix came back as a new series called "Middle-Aged Man." Yet another look at an annoying friend who was a middle-aged guy that acted like a five year old. It was my finest, most creative and inspired work to date, but then I graduated. I moved back to Ohio and got a job doing CAD, and for all the years that had passed as I churned out drawings and comics and sketches... I stopped. Something happened that made it seem like work and like that, it was over. It's too bad to because I really enjoyed it. (By the way, I ran into "Skate" a few years later. He bragged about how he's banned from crossing the Indiana or Illinois state line. Now that's a story line I never could have imagined...)

Women overwhelmingly accept male actors, male political leaders, male occupations, and even a male perspective on how women should look. What do men accept from women? Female actors are "washed up" by the time they're forty, not given lead roles, or only used because of the way their body looks. Female writers gain female audiences, but not widespread male readership if they want to write about women's lives. Female politicians are few in number as it is, but those women that are in politics are often raked over the coals for their appearance (think Janet Reno, or the unflattering photos often used with stories on Madeleine Albright). Often, it's thought that women shouldn't even be in political leadership positions at all. Females are pushed to enter into fields of science and engineering, while males are in no way encouraged to pursue careers in social work, teaching (at the elementary level), or nursing.

The idea of gender equity really means pushing women into places that men have normally dominated.

Gender equity is an issue when it involves an engineering firm that is 95% male, but somehow it's overlooked when it involves a hospital with a nursing staff that is 95% female. Women and girls are encouraged to sign up for classes in computer science and physics, but academic counselors don't try to push men and boys into English or humanities classes. The idea of gender equity really means pushing women into places that men have normally dominated. The reverse has not been true so far. Men have not been pushed into places that women have dominated. (There could be an argument made that the reasoning for this is that these positions are often paid much less than positions that men are in. This, too, is a form of sexism and raises the issue of why "women's work" is not considered as important and therefore not compensated as much as men's.)

As long as men (and some women) continue to disregard women's lives, and this happens every time a wonderful author is overlooked because her lead character is female, or a movie with a strong female lead is termed a "chick flick," women will continue to be unequal with men. This separation must stop. Women make up at least half of the population of this country; it's time we got to know them.



THE HOTLINE

Reviewed by: JH (Jill Herbst) & CG (Chris Griffin)

Born Ready #2

8.5" x 5.5"-copied-30 pgs-trade?

Zhenelle is back with her personal zine out of Boston. Issue number two is even better than the first one. She's still getting over her lost love, and there are writings in there about him, but there are more writings in this issue about friends and family. Not all of them are positive, some of them are downright upsetting, but the writing is heartfelt throughout and you can't help but be concerned and intrigued. I sensed some sexual tension and utter agony and hopelessness in this issue. The strange thing is that it's not depressing. Definitely worth checking out. (JH)



Born Ready c/o Zhenelle
S-3028 700 Commonwealth Ave., Boston, MA 02215
bornreadyzine@hotmail.com

Gasoline and Fire

Gasoline & Fire #1

A4-copied-60 pgs-\$?

G&F has a lot of potential. Pre-empting its first release were glorified descriptions of it being more about the issues in hardcore than what new albums were out or who was touring where. It missed the mark, but only by the slightest of margins. This is definitely a zine to watch as Tim puts a lot of thought and effort into the articles, reviews, interviews and layouts. This issue features interviews with Bloodpact, 97a, Boy Sets Fire (bizarre), Propagandhi (good!), True Blue and It's Raining Truths Fanzine. By far the best articles were "World Wide Hardcore" which has a mix of kids from all over the world commenting on their scenes (or lack thereof) and 10 things to do before I die. Makes me think my own list is really pathetic. It's also nice to see that the zine review section is almost as large as the music reviews. Very cool! (CG)



Gasoline & Fire c/o T. Habraken, the Netherlands
Aalsterweg 101, 5615 CC Eindhoven, the Netherlands
t.c.m.habraken@student.tue.nl

Made in America

8.5" x 5.5"-copied-30 pgs-\$?

This zine hails from Springfield, Missouri, and some of its content is specific to that area. It says in the intro that it's "a medium of dialogue among the progressive voices of the community." It is filled with essays written by various people regarding such topics as the death penalty, veganism, recycling, Burma, and feminism. I thought the writing was very well done. Most of the writers expressed their opinions very clearly and defended them in a logical way. The layout is also very clear and easy to follow. For some reason it reminds me of those topical essays written by people who are now considered great philosophers, such as John Stuart Mill's *On Liberty*. (JH)



Made_in_America23@hotmail.com

by Susan Faludi
608 pages
1999, William Morrow & Co.

In *Stified*, Susan Faludi, author of *Backlash: The Undeclared War Against American Women*, turns her eye to the plight of American men, and attempts to pinpoint the cause of male angst in America.

Divided into five major sections, *Stified* begins with Post W.W.II America—a time of promise for America in general and men in particular. The war had been won and American GI's were heroes returning home, ready to begin life with their families in the most powerful country in the world. Yet something went drastically wrong. This sets the tone for the rest of the book as Faludi questions the sons of these men regarding a wide selection of events that have had an impact on modern men.

The book is structured around individual male thoughts, ideas, and soul-searching. Most of the men are white, middle-to-upper-class, and heterosexual, although Faludi does attempt to bring in diversity in her discussion of *Details* magazine (formerly a homosexual/transvestite underground magazine in San Francisco), and coverage of South Central gang activity. Many times the culprits that emerge from these examinations are feminism, the government, and, almost like clockwork, an absent father. This will be the dominant theme throughout the entire 600 pages. Complete sections on the Cleveland Browns moving to Baltimore, the thoughts of men in domestic violence self-help groups, Promise Keeper rallies and conventions, Waco, the My Lai Massacre in Vietnam, and even the porn industry are boiled down to absent fathers.

All the talk of absent fathers is important, but Faludi is searching for a deeper meaning. Why were those war heroes of the 1950s such lousy dads to their sons? According to Faludi, there was a shift in America from a culture of utility—where men are important and appreciated because of what they could contribute to society, to a culture of ornamentalism—where worth is based not on what individuals contribute, but on how they look, what they own, and whether they can "win" or not. Ironically, this is the same poisonous culture that traps women as well, a connection that Faludi draws on near the end.

If the first 50 pages set up the book and the last 50 wrap it up, the remaining 500 illustrate specific examples from real men in America. This is where the soul-searching takes place and although interesting, at times I just wanted to say, "Okay! I get what you're saying! Let's move the story along." Each story was used to illustrate the same point, and although this tactic effectively illustrated the breadth of the problem, after awhile it just seemed redundant. In addition, more time could have been spent discussing the actual problem rather than building the case for it. The absent dads were on the losing side in the battle between a culture of utility and a culture of ornamentalism. However, rather than observing the cause of the absenteeism, Faludi emphasizes the absenteeism itself, only to say at the very end that the real problem is deeper than that. The cultural aspect of the situation is driving it, and is the most intriguing, yet is simply mentioned near the end of the book.

Overall, *Stified* is definitely an important and interesting read. Faludi succeeds in presenting an honest, no-holds-barred look into the modern male psyche (a feat in itself worthy of praise). In doing so, she highlights the effect of a poisonous culture on individuals often credited with its creation, and often dismissed as having no real problems of their own.

—JH



PET OVER-POPULATION

During a recent trip to my hometown of Shelby N.C. (approx. 1 hour west of Charlotte), my planned vacation for rest and relaxation was radically changed by a list of statistics reported in the local paper. On a side column in the community section, the Cleveland County Animal Shelter reported that in a six day period 116 dogs, 111 cats, 76 kittens, and 41 puppies had been "destroyed." I don't consider myself unaware of the exasperating pet overpopulation plague, but I was shocked and horrified by those numbers. I cannot even picture that many pets in my mind much less visualize them being killed.

My family, who lives in the area, noted that Rabies is running rampant which might be leading to unusually high numbers of animals being euthanized. In order to find out if those numbers are the "norm," I contact the local dog warden and he said that those numbers were NOT high, and, in fact, they often destroy more pets than that. The rest of my trip was consumed with disgust for the citizens of that area who could have such absolute disregard for life. As it turned out, however, those statistics were not indicative of a problem in that particular community or even in that region, but instead those numbers are demonstrative of a NATIONWIDE trend.

When I decided to volunteer my time at the local humane society, I was provided with statistics on their euthanasia rates. According to the volunteer coordinator, the volunteers must be able to accept the fact that the Humane Society euthanizes even as a means to reduce capacity. They were, however, "pleased" to report that their adoption rates are approximately 30%, whereas the nationwide average is less than 15% at humane societies. My reaction was "30% and you are 'pleased'?" The following chart shows their exact numbers for 2000.

CAPITAL AREA HUMANE SOCIETY 2000 STATS

	Cats	Kittens	Dogs	Puppies	Other	Total
Animals Surrendered	4232	3565	1631	1172	266	10866
Animals Adopted	655	909	760	915	40	3279
Spay/Neuter Surgeries Performed	510	582	509	575	47	2223
Animals brought in through the Cruelty Dept.	893	655	352	216	101	2217

The unwritten statistics in this chart are the number of animals that were euthanized. The most staggering of all the statistics is the number of cats that were surrendered versus those that were adopted. The Capital Area Humane

Society (Columbus, OH.), the agency that boasts having higher adoption rates than average, euthanized over 4,500 cats last year alone. That doesn't include the nearly 1,300 dogs, 400 puppies, and 4 THOUSAND kittens that were destroyed.



How can this occur? Don't people understand that they have a duty to protect these domesticated animals? It is not as if they can fend for themselves out in this hostile 'n' bustle world. The streets are DEADLY for dogs and cats! They have been bred to be our companions, domesticated and cared for by humans.

The main point is that these animals are PETS, "companion animals." They CANNOT live on their own! We have domesticated them, and as a result it is incumbent upon us as humans to CARE for them. We cannot allow them to roam the streets searching for food and shelter while at the same time bearing offspring and perpetuating the problem. This world that humans have altered to suit their capitalistic, industrialized needs is absolutely contradictory to the environment animals MUST have in order to survive.

ANIMAL CRUELTY AND NEGLECT

I will inevitably write more on the subject of animal cruelty and neglect in a later column, but while I am discussing the Capital Area Humane Society I would like to briefly describe the animals which are listed in the category as brought in "through the Cruelty Dept." During my orientation tour of the Capital Area Humane Society, I was allowed access into the office where cruelty reports are filed and investigated. The walls are covered with pictures of cruelty cases occurring in the Columbus area which were investigated by their office.

This world that humans have altered to suit their capitalistic, industrialized needs is absolutely contradictory to the environment animals MUST have in order to survive.

There were dozens of pictures of dogs which had starved to death while chained outside. These photos were bad enough, but there were three others that I found absolutely unimaginable. One showed a cat with a rope tied around its neck hanging from a tree. Another showed a dog which had been nailed to a cross-like structure in someone's yard. The third, perhaps the most gruesome, was a photograph of a cat which had been "rescued" after it was set on fire and bludgeoned by two juvenile boys. The punishment for that heinous crime—20 hours of community service.



Dissolute "2 song demo"-VMS records-CDR

Finally a hardcore band to review, yippee! Dissolute is a politically charged, grind-core juggernaut coming out of Cleveland, OH. The music has a catchy, chuga-chuga drive to it that keeps the head bobbin and the feet moving. The guitars could have used a little more range, but is good nonetheless. The singing (screaming) is pretty gruff in a quiet, hateful way. I can imagine this guy standing onstage, ready to explode, all the while remaining completely calm, waiting for the right moment to strike. Like a serial killer... Good stuff.

Dissolute 9966 Gatewood Drive Brecksville, OH 44141
live_to_die2@hotmail.com
www.vmsrecords.com/dissolute

Jesus Palomino "Some place we shouldn't be" self release-CD

I want to pigeonhole JP as being another alternative rock band, but I'll forego the quick analysis. While this CD has its moments, they're few and far between. The music occasionally gets groove heavy and takes on some evil personas (which I like), but it usually sounds like a lot of the other midwestern, twangy alt-rock bands out now. (I guess I did pigeonhole it...) The singer can sound a bit like the guy from Live. So if you like them or bands similar to them, give it a try.

1656 N. Shelby Oaks Dr. #9 Memphis, TN 38134
shannon@jesuspalomino.com
www.jesuspalomino.com



The Marshes "Recluse"-Dr. Strange Records-CD

This is the final album from The Marshes. Apparently, their last tour fell apart just before it was set to begin and that was enough to call it quits. As it stands, this was a really good way to go out. Fast and quirky pop punk with a cynically demented edge is the best way I can describe it. With lyrics like: "Is it that he's joking? With my hands clamping his neck he will be choking. Yes he's gonna learn a lesson but hold on that's not like him to set up a friend he's known so long." Or "You mock my love, my level. Upon my head, I'm going to make you play your role. I don't want to hear it now. I don't want to make you travel down the staircase tightly bound, but that's what I'll do to get this all through your head." Actually, these seem very violent if anything else. Obed (singer/bassist) is very skilled at creating some vivid imagery when it comes to expressing his darker feelings. The production & quality kind of stink, but this is first-rate disc nonetheless. There's also a great cover of Earth & Stone's, "give me" which, in a nutshell, seems to be about setting his boss on fire for screwing over his workers... Good stuff; get it if you can find it!

THE audio FILES

Reviewer—Chris

David Church & Side Trak featuring Terri Lisa "Custom Made"—self release-CDR



David & Terri apparently met at an RV rally in Indiana... need I say more? That's so "country" it's punk rock!!! David is the singer/songwriter, Terri fills the female vocal spot and Side Trak is a plethora of musicians from the Central Ohio area, all coming together to put out some good, down home country music. This CD has a real old-school sound (I can't believe country music can be old-school!), similar to Hank Williams, and the production is great! I'm no expert on country music, but it's different. Also, check out MP3.com or their website for some free downloads.
www.davidchurch.net



Cripple Kid/The Little Dipper Microcosm Records-Split CD

The liner notes say that originally, Cripple Kid wasn't supposed to be on this CD. It's good thing they made it on because it really made this record. Semi-technical, sappy, fun pop-punk/hardcore is a description that could describe both these bands. Cripple Kid just does it a little better. Both bands have a lot of range, speed changes and tone that give you a lot to listen to. The vocals on CK are off key at times but done in the best way possible. TLD's vocals have a dancey, swinginess that's all about style. Enough style for me to start making my own words just to describe it. Worth the price and then some.

Microcosm PO Box 14332 Portland, OR 97293-0332
joebiel@ureach.com
www.microcosmpublishing.com

Dr. Steadfast's Last Migraine-Bark Productions-CD

This is one big, long song broken down into 17 songs and I love it. The author describes it as being a "rock opera" and, while that term brings up horrifying images of "the Who's Tommy" or "The Rocky Horror Picture Show," I suppose it is just that. Each song is a chapter in a story where, (my best guess!!!) a bunch of people despise their mind numbing jobs, and they end up taking drugs to cope. Hmm... sounds very true to life. There's more character development than I can get into here, but it's interesting. The music's a blend of catchy acoustic/electric guitar, the production's sound and the singing's sincere. So what else can I say? It's a novelty, but I think that makes it well worth the money.



Terry Cuddy P.O. Box 1584 Auburn, New York 13021
tcuddy@baldcom.net
www.bark-art.com

As for the hangings of the dog and cat, arrest warrants were filed against the homeowners but have never been executed (and probably will NEVER be.)

A co-worker of mine (and fellow animal-lover) woke up early one morning a few weeks ago and discovered that someone had left two young cats in a carrier on her front porch. Thankfully, it is spring and the weather is not too cold, else they could have frozen to death. After contacting shelters to see if they might be able to take the cats, she was told by Cat Welfare (a no-kill shelter) that they were receiving over 100 calls per day and turning away each and every one of them due to capacity. Capital Area Humane Society told her that the one cat would immediately be euthanized because she is newly pregnant and they are already overrun with kittens. Being the kind-hearted, animal lover that she is, my friend has taken the cats in and provided them a cozy, loving home. Those cats were not originally her responsibility, but as a person who believes that each and every human being has a duty to protect God's four-legged creatures, she knew that she had a moral and ethical obligation to do what she could for those helpless animals.



I do not believe that every person has the ability to take in stray and unwanted animals. All of us, however, do have both the responsibility and the moral obligation to see that all creatures on this Earth have a chance at a healthy and safe life. An easy start to fulfilling this obligation is to spay and neuter your own pets, as well as encourage all of your friends and family to do the same. Second, be a watchful person. If you see a case of animal abuse or neglect, contact your local shelter immediately. Don't stand by while dogs are left chained outside during 90-degree weather with no water or food!

I must say that I believe the quickest and easiest route toward a world where companion animals are safe and healthy is for people to care for their own pets in a way which provides them a safe and healthy home. It may be the simplest way to stop animal abuse and neglect, but it is also the most rewarding! The reward of coming home to a dog wagging his tail, offering kisses and the family cat purring at your feet—in my opinion, life doesn't get any better than that!



sodium; these imbalances can lead to irregular heartbeats and heart failure. Other health consequences of bulimia include potential gastric rupture during periods of bingeing, inflammation and possible rupture of the esophagus (from frequent vomiting), tooth decay and staining from stomach acids, peptic ulcers and pancreatitis. However, as with anorexia nervosa, the earlier the discovery of bulimia nervosa, the more promising the outlook for treatment.

Other Disorders

In addition to anorexia nervosa and bulimia nervosa, there are many eating disorders that exist, but gain even less attention. Often these disorders do not have specific names. Many times they will incorporate symptoms from both anorexia and bulimia, or other symptoms entirely. Some examples include compulsive exercising (sometimes called activity anorexia or anorexia athletica), body dysmorphic disorder (excessive concern about appearance, body shape, size, blemishes, inadequacies and flaws), and the vague "eating disorders not otherwise specified." This final label is actually an official diagnosis used to describe an individual with an atypical eating disorder, someone who is not normal or healthy with regard to food and weight.

Causes of Eating Disorders

Because eating disorders are very complex, there are no easy answers when looking for their causes. What is known is that these disorders result from a combination of long-standing behavioral, emotional, psychological, interpersonal, and social factors. Although they may begin with preoccupations about food and weight, most often eating disorders have an underlying basis in the need to control a part of one's life. Those suffering from eating disorders often have feelings and emotions that seem overwhelming or painful and use food and the control of food as a way to deal with other aspects of their lives.

However complex individual causes may be, there are some general issues that can be pinpointed as having the potential to lead to eating disorders. These factors are all psychological, interpersonal, or social in nature, and can lay the foundation for future/current eating disorders.

Psychological Factors:

- Low self-esteem
- Feelings of inadequacy or lack of control in life
- Depression, anxiety, anger, or loneliness

Interpersonal Factors:

- Troubled family and personal relationships
- Difficulty expressing emotions and feelings
- History of being teased or ridiculed based on size or weight
- History of physical or sexual abuse

Milk Blue Day

Riding my bike down 31st toward Nicollet, a good day, I've met a woman, there's a little warm rain coming down for my garden, I'm feeling proud of myself because I know all the words to "Popeye the Sailor". If anyone dassas to risk me fisk it's boff an' it's wham, unnerstan'? So keep good behavior, that's your one life saver with Popeye the Sailor Man. I pull up to the stoplights and there's two kids with their dead puppy. The girl is crying and talking to the little spaniel, the boy is pressing the fur over the small dog heart, trying to coax it back to life, but the dog's eyes have already gone milk blue. There's nothing I can do to help, not for the puppy, not for the kids, not for myself. One more small brown dog goes to heaven, one more of my days goes to hell.

by Christopher Jones, Pub/Editor
Lost Prophet Press & Thin Coyote
P.O. Box 583377
Minneapolis, MN 55458-3377

Inventory

Examine this café,
make mark of its contents:
power suit
eats chill by herself,
gay wristwatch by the door
pleads to each face that walks in,
piercings slurp coffee
trying to ignore each other,
shaved head pours latte
looks like he'll cry,
pretty cardigan
adds to the pile
of shredded napkins in front of her,
lipstick tells the walker
to shut up while she reads the paper,
pony tail
scribbles frantically in his notebook,
trying to piece together
what all of this means,
choking back his sorrow when he does.

and i wonder struck
i will wait

vulpine o \VUL-pyne\ o (adjective)

1 : of, relating to, or resembling a fox

*2 : foxy, crafty

however long sizzling volcanic steams purified through tiny pores my need
into flames lighting you combustible pudgy spews starbound round and round
riding tantric mantra waves thick juicy i tear into you fervor fever flutter
(no thud)

"What is the answer? [I was silent.] In that case, what is the question?"
(Last words. From What Is Remembered, by Alice B. Toklas, 1963)

on identity and acceptance (or lack thereof)

automation excesses carried like viruses the masses shuffle blindly upon
command red eye blinks escalating follow fear follows good girls and boys
act in accord divine law passing down from the hard stench of ignorance prey
lazy subjects how blind are they secured to technological ease convenient
buy while you fry fat side tastes so good eh temporal gratification
glutinous cherry pink icing rimming your sight culture is sited blind
whoever thought another bush would go unwhacked
fight not flight insignificant ignorant baffoon yes read as i scribe to you
pathetic unmoulded clay monument testament time untold boldly you breathe
into space not welcome shoving forcing penetrating laughter harder and
harder stiffly coldly oh the fool you are i pity you fear and read as i
dictate this page these words will scar you branded in recesses previously
unknown this weapon i wield yield in passivity sharpened expanse pop implode
remold sprout a new stoutee spew bulging eyes and heaving lead linger on
dangereuse more than perceived repeat broken pieces asymmetrical by choice
listen scatter shatter patter pitter no not bitter just tired and need you
to listen judge not as the right is not your own

nikki widner

Social Factors:

- Cultural pressures that glorify "thinness" and place value on obtaining the "perfect body"
- Narrow definitions of beauty that include only women and men of specific body weights and shapes
- Cultural norms that value people on the basis of physical appearance and not inner qualities and strengths

Although many causes of eating disorders are specific to the individual's life, there are things that we as a society can do to help prevent the formation of these conditions. One important way to combat eating disorders is to become critical viewers of the media. The impact of the media does not in itself cause eating disorders, but it definitely contributes by offering unrealistic portrayals of women and men on television, billboards, and magazines. The average American woman is 5'-4" tall and weighs 140 pounds. By contrast, the average American model is 5'-11" tall and weighs 117 pounds. Most fashion models are thinner than 98% of American women, yet they are presented to women in magazines, television, and posters as the ideal image of beauty and success. Given this distorted image of reality that women confront on a daily basis, it is no wonder that 4 out of 5 women are dissatisfied with their appearance.

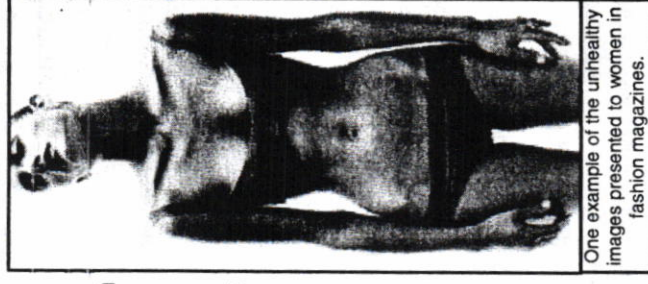
Encouraging the media to present more diverse and real images will help reduce the pressures many people feel to make their bodies conform to one ideal and, in doing so, will reduce feelings of body dissatisfaction and decrease the potential for eating disorders.

How You Can Help

Most people in America are concerned about weight and appearance, and as a result many are trying to lose weight through dieting and other means.

However, about 35% of normal dieters progress to pathological dieting and of those, one in four will progress to a full blown eating disorder. The difficult aspect when trying to help others is determining where to draw the line between what is normal concern about appearance and what is turning unhealthy. No individual will have all of the symptoms listed above, but most eating disorder sufferers will exhibit several of them. The important thing is to be aware of the individual's behavior and aware of the symptoms. The sooner unhealthy or pathological habits are discovered, the better the outlook for treatment.

If you suspect that someone you know has an eating disorder, or if you are concerned about their eating habits, it is important that you express your concern to the individual in a non-threatening way. Use caring words and point to specific incidences (if there are any) to illustrate your concern. Do not give



One example of the unhealthy images presented to women in fashion magazines.

commands, place blame on the person, or offer simple solutions (such as, just eat something). The sooner you raise your concern the better. In many instances, individuals with eating disorders will deny they have a problem; they may even get angry with you.

If your friend does not respond well to your concern, then it is entirely appropriate to talk with someone else, such as a doctor, teacher, parent, or counselor, about your friend's suspected problem. Individuals with eating disorders rarely are able to overcome them without professional help. You must remember that you cannot force people into recovery, but you can be supportive and caring, and guide them in the right direction.

For more information and resources about eating disorders contact:

Anorexia Nervosa and Related Eating Disorders
P.O. Box 5102
Eugene, OR 97403
(503) 344-1144
<http://www.anred.com>

Eating Disorders Awareness and Prevention, Inc.
603 Stewart Street, Suite 803
Seattle, WA 98101
(206) 382-3587
<http://www.edap.org>
Toll-free information and referral resource line: 1-800-931-2237

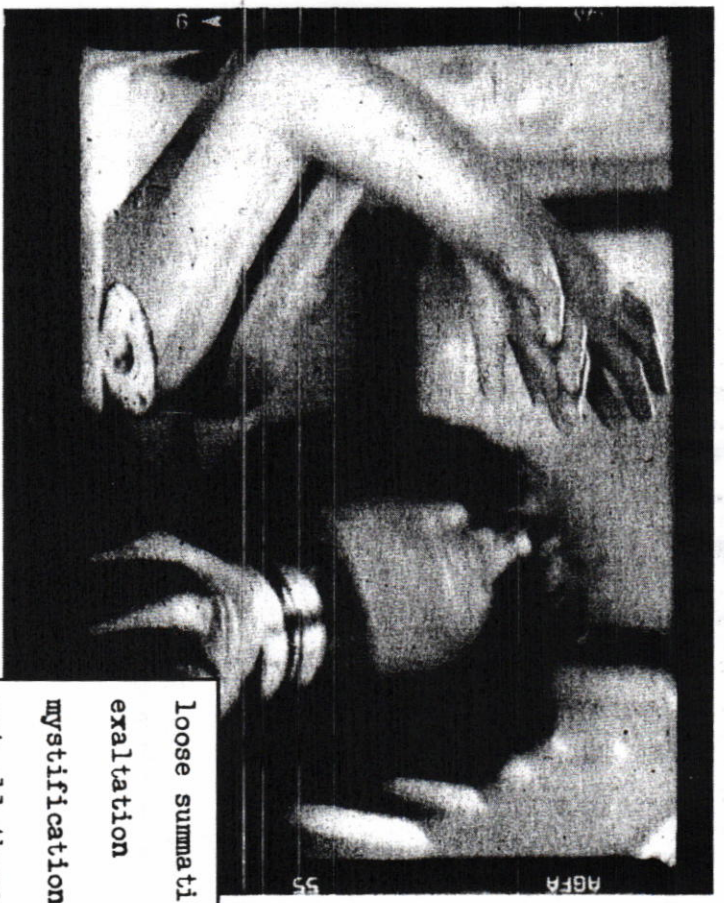
Something Fishy Website on Eating Disorders
(provides information in English, Spanish, and French)
<http://www.something-fishy.org>

For more information and resources on media portrayal of women see:

About-Face
<http://www.about-face.org/>

Femme Revolution
<http://www.femmerevolution.8m.com/>

—JH



loose summation
exaltation
mystification
not all there
it's okay
it's a phase
develop
please
help
none given
take awa y
misshapen
people stare
f k u buddy

photo: nikki widner words: d.a.johnston

HUD Housing Nirvana

Butch had a bad habit of coming over unannounced and staying interminably. He looked like an ashen Jesus that smoked it up like Cheech & Chong. A throwback to Neal Cassidy, he told bawdy, stream-of-consciousness stories that often revolved around playing softball while high, driving recklessly, dodging the pigs, and seducing underaged, Auburn low-income housing girls with swigs of LSD-laced beer. You were never quite sure he had finished until he blasted you with his raspy laugh.

One day he came over, slapped the living room wall, and said, with wild eyes, "Yeah, yeah, you've got the look - old soul - many existences - reincarnation - you could have been stuck in this wall, man - imagine that? Ha ha ha." This was new. I didn't know if he had just returned from the Bhagwan Rajneesh's Oregon compound of free sex, drugs, and Rolls Royces, or if these were thoughts germinated out of bad hashish. But, as he rambled on, I did imagine. Imagined hopping off the birth wheel into a wall of massed souls subjected to a tortured litany of agoraphobias, battered housewives, praying widows, and madmen. Atoms moving so slowly they manifest solid, awaiting the karmic, raspy laugh to know they have finally finished.

White Noise

The steady whine of the engine slows to a rumble when I stop four cars back from an orange-vested highwayman. He looks on, bored, leaning against his sign, revealing the secrets of life - Stop & Slow. But my body doesn't want to conform. It refuses to decelerate. My atoms speed around inside like lab mice on cocaine. I fidget, yank the parking brake into place, and bounce my knee anxiously, before turning the volume up and the squelch down a notch on the CB radio.

Turning the squelch down opens the floodgates to static and distant trucker's voices. In their eagerness to stay awake or break the tedium, the truckers all overlap, trying to sing their favorite Country song, talk shit to antagonizing teenagers out of school for summer break, or tell stories of woe from their eighteen-wheel purgatories. The result is insanity.

It must be what it's like to be God. Alone, with a never-ending cacophony of lonely souls lobbing prayers up at you like grenades, until it becomes a persistent itch that won't die. Like Kurt Cobain and his last morning alive. Hiding from the world, overlooking the cold blue of Lake Washington from an upstairs window, reaching down for the squelch dial shaped like a trigger, until the voices and everything disappeared to white noise.

But I'm not God or Kurt Cobain.

I pick up the CB mic, watching the highwayman smack his gum like a stupid cow chewing its cud, and push the button. I begin to tell my life story, using a false name and feigned voice to forget that I am alone.

by Ron Gibson, Jr. gibsonr@mindspring.com

20 Ways to Love Your Body

Compiled by Margo Maine, Ph.D.

1. Think of your body as the vehicle to your dreams. Honor it. Respect it. Fuel it.
2. Create a list of all the things your body lets you do. Read it and add to it often.
3. Become aware of what your body can do each day. Remember it is the instrument of your life, not just an ornament.
4. Create a list of people you admire: people who have contributed to your life, your community, or the world. Consider whether their appearance was important to their success and accomplishments.
5. Walk with your head held high, supported by pride and confidence in yourself as a person.
6. Don't let your weight or shape keep you from activities that you enjoy.
7. Wear comfortable clothes that you like and that feel good to your body.
8. Count your blessings, not your blemishes.
9. Think about all the things you could accomplish with the time and energy you currently spend worrying about your body and appearance. Try one!
10. Be your body's friend and supporter, not its enemy.
11. Consider this: your skin replaces itself once a month, your stomach lining every five days, your liver every six weeks, and your skeleton every three months. Your body is extraordinary—begin to respect and appreciate it.
12. Every morning when you wake up, thank your body for resting and rejuvenating itself so you can enjoy the day.
13. Every evening when you go to bed, tell your body how much you appreciate what it has allowed you to do throughout the day.
14. Find a method of exercise that you enjoy and do it regularly. Don't exercise to lose weight or to fight your body. Do it to make your body healthy and strong and because it makes you feel good.
15. Think back to a time in your life when you felt good about your body. Tell yourself that you can feel like that again, even in this body at this age.
16. Keep a list of 10 positive things about yourself—without mentioning your appearance. Add to it!
17. Put a sign on each of your mirrors saying,
"I'm beautiful inside and out."
18. Choose to find the beauty in the world and in yourself.
19. Start saying to yourself, "Life is too short to waste my time hating my body this way."
20. Eat when you are hungry. Rest when you are tired. Surround yourself with people that remind you of your inner strength and beauty.

Pressing our Luck:

A brief history of nuclear mishaps, Have we learned anything yet?

At one point in time I liked the idea of nuclear power. The hype surrounding it seemed reasonable as supporters hailed it as a clean and safe alternative that produced very little waste. However promising it could have been, the volatility of the materials involved, combined with the possibility for human error made me change my mind in a hurry. Given the history of nuclear testing in general, the possibility of a major catastrophe seems all too real, especially when it comes to the military. I guess handing over nuclear missiles & warheads to ordinary people seemed like a good idea to someone... The following is a short collection of dates and incidents that could have been much, much worse than they were.



February 13, 1950

After experiencing severe mechanical difficulties during a simulated combat mission, a B36 bomber unloaded a nuclear weapon from 8,000 ft. above the Pacific before crashing. The bomb's explosive materials detonated but the remaining portions were never recovered.

March 10, 1957

A USAF B47 bomber en route from Florida to Europe carrying materials for manufacturing nuclear bombs failed to meet its refueling plane. The bomber was never found.

July 28, 1957

A C124 plane from Dover, Delaware AFB lost power and discharged 2 nuclear weapons over the Atlantic. The weapons were never found and are presumed lost at sea.

February 5, 1958

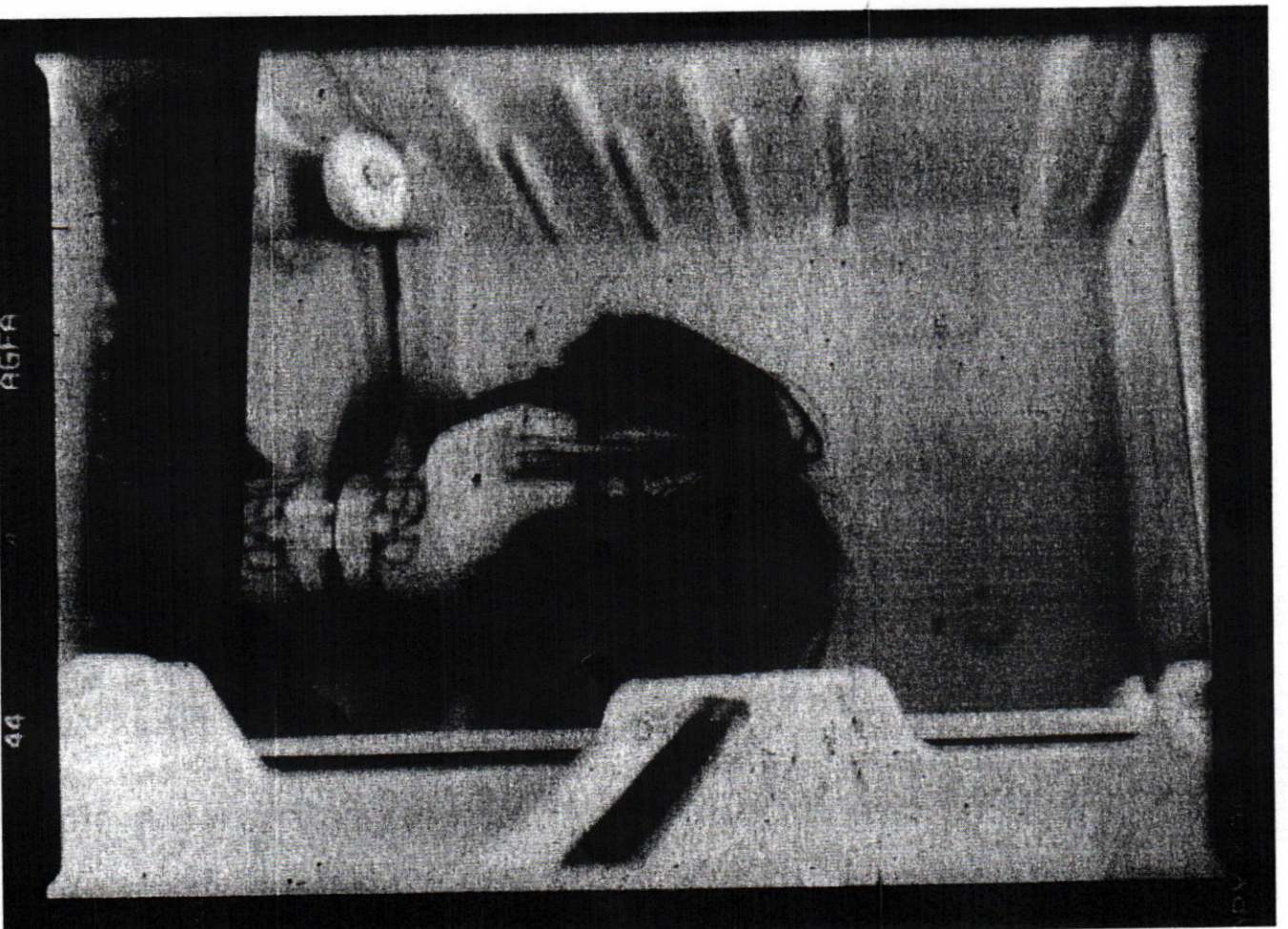
An F86 airplane and a B47 Bomber had a midair collision during a simulated combat mission near Homestead AFB, Florida. The B47 released its weapon (a Hydrogen Bomb) off the coast of Georgia and was never found. It is now considered irretrievable.

March 11, 1958

A B47 bomber dropped an unnamed nuclear weapon over Mars Bluff, SC. The accidental discharge left a crater 75 feet wide and 35 feet deep. The explosion destroyed a home and injured 6 occupants. 5 months later, the USAF cut a check to the unfortunate family for the "generous" sum of \$54,000

January 23, 1961

A B52 bomber crashes at Goldsboro, NC. The bomber was loaded with two, 24 megaton bombs, one of which had 5 of its 6 safety devices fail. One switch ceased detonation of a bomb that would have been 1,800 times more powerful than the one dropped over Hiroshima.



January 17, 1966

In a midair refueling accident, a B52 bomber discharges four nuclear weapons over Palomares, Spain. No nuclear explosion comes about, however, the detonators explode scattering radioactive materials over a populated area.

January 21, 1968

During an emergency crash landing at Thule AFB in Greenland, 4 nuclear weapons detonate aboard a B52 bomber, contaminating an area 880,000 sq. feet with plutonium.

January 14, 1969

A bomb dropped "accidentally" on deck of the nuclear powered USS Enterprise kills 25 and wounds another 85.



June 3, 1980

Close to 100 B52 bombers were ready for the president's attack command as NORAD detects a Soviet missile attack. Before the bombers get the green light, it was discovered that a 46 cent computer chip had failed, falsely showing an attack by the Soviets.

September 20, 1980

A broken fuel tank (caused by a technician dropping a wrench) caused the explosion of a Titan II Inter-Continental Ballistic Missile. A 740 ton door, as well as the re-entry vehicle (containing a 9 megaton warhead) are blown 600 feet in the air. One person was killed, 21 injured.

April 9, 1981

A sub carrying 160 nuclear warheads (The USS George Washington) collided with a Japanese freighter in the East China Sea.

November 2, 1981

An American Poseidon Nuclear missile aboard the USS Holland falls 17 feet from a winch. Automatic brakes brought the missile to a halt just above the submarine's hull.

March 21, 1984

A Soviet attack submarine carrying nuclear torpedoes and the aircraft carrier USS Kitty Hawk carrying a few dozen nuclear weapons collide.

March 20, 1993

A Russian Delta III class nuclear-powered ballistic missile submarine collides with the USS Grayling, a nuclear-powered attack submarine in the Barent Sea.

June 2000

U.S. Senator Mike DeWine (R-OH) led a field senate hearing regarding workers exposed to hazardous materials while working in the nation's atomic plants. At the hearing, which revealed information about potential on and off-site contamination at the Portsmouth Gaseous Diffusion Plant in Piketon, Ohio, DeWine noted, "We know that as a result of Cold War efforts, the government, yes, our federal government, allowed thousands of workers at its facilities across the country to be exposed to poisonous materials, such as beryllium dust, plutonium, and silicon, without adequate protection." Testimony also indicated that the Piketon plant altered workers' radiation dose readings and worked closely with medical professionals to fight worker's compensation claims.

Thanks Mike!—CG

disconnected drawings attempt to outline something forever out of reach--inadequate faith (in)ability? (meaning)less phrase as phrased by uninformed egoists what is to be as is i shall say or have a say selfimportantnegotiable beyond comprehensibility end all endless meaning(full). . . scars never heal however one can choose one by one subtracting unfortunate circumstances from greater meaning and come out fairly unscathed, breathing and useful dreams and wishes hopes and desires ablescommunication of theirs yes child thesethings are possible how long did you make yourself muck through the mire when you could have been making goodcleanfun? nonetheless the one is infinitely naturally higher than you ever dreamed possible or your little head would have surely exploded with possibilities by now nothing is as it seemed or showed itself to be one is a mediary character for the next rely on your own good judgement (why had noone told you this before?) did you not get the memo. . .

d.a. johnston

Cozy Cat Cottage is a non-profit organization located in Powell, Ohio dedicated to helping stray cats and kittens find homes. Director Cindi Clum started Cozy Cat Cottage 2 ½ years ago and has been rescuing cats and kittens ever since. While many other organizations often take what are called "owner surrenders" (animals that had a home, and are being given up) in addition to stray animals, Cozy Cat only accepts cats and kittens directly off the streets. Eventually, they would like to be able to take in any unwanted or homeless cat or kitten.

Since the organization's inception they have rescued over 650 cats and kittens and placed over 575 into permanent and loving homes. Their greatest accomplishment is that they have only had to euthanize eight animals, and only after the animals did not respond to treatment. The group has been successful at socializing feral cats and kittens and placing them in homes, and at one point cared for a cat who was in a coma for 19 days. **Believing that all life is worth saving, they do not simply euthanize animals that are in need of healthcare.** Currently the group is caring for a paralyzed three-week-old kitten. Once her health improves, the organization will try and find a foster home for her.

In addition to rescuing and finding loving homes for cats and kittens, Cozy Cat Cottage also works to educate the public about animal welfare issues. Information about feline health care, the importance of spaying and neutering pets, behavior problems, dealing with injuries and diseases, and even caring for feral cat colonies is available on the organization's website and can also be obtained by contacting Cozy Cat Cottage directly.

A special adoption program that Cozy Cat Cottage has implemented is their "Seniors for Seniors" program. The "Seniors for Seniors" idea came after Ms. Clum talked on the phone with a lonely, elderly woman who was looking for a companion. **She decided that not only could she make this woman feel better, she could find a home for an "overlooked" cat at the same time.** In the program, senior citizens (over 60) can adopt an adult cat for free. The cat must be one that has been overlooked because of shyness or fright. Cozy Cat Cottage provides initial shots and one follow up veterinary visit, the senior who adopts the cat must simply provide a loving and safe home, as well as be able to provide medical care for the cat if needed down the line. In mid-November Cozy Cat Cottage is planning on moving into a new facility that will have separate rooms for ill, pregnant, or new arrival cats and kittens. They would also like to have an outdoor run for those cats who find it difficult to adjust to a completely indoor life.

Currently the organization has bake sales, garage sales, and craft shows in the works for fund-raisers, and it is always looking for individuals to donate crafts, garage sale items, and time to host a booth. If you would like to get involved with Cozy Cat Cottage but are not crafty, never fear! Volunteers can do a wide variety of activities with the organization, including responding to messages and inquiries, assisting at the facility, hosting booths, and joining a fundraising committee. If time is not on your side, financial and supply (such as cat litter) donations are always welcome!

Cozy Cat Cottage

240 N. Liberty

Powell, Ohio

Phone 614-846-3809

cleo101@msn.com

<http://members.tripod.com/cozycatcottage/>

Adoption Center Hours

M-F: 5:30 p.m. - 7:30 p.m.

Sat: 12 - 5 p.m.

Sun: 1 - 5 p.m.

Living with Cat Allergies

How You Can Keep Your Cat

We get many calls from people who think they need to "get rid of their cat" because they are allergic to it, or think they are. We can only imagine how many cats and their families are needlessly separated because the family does not realize that there are so many ways of dealing with allergies. Listed below are some ideas to try.

Cleaning/Environment:

- * Use HEPA air filters, preferably commercial sized, especially in frequented areas such as the bedroom. Be sure to change the filters often. The manufacturer's recommendations for changing the filters are not often enough for allergy sufferers. The same applies to home heating and air conditioning filters.
- * Open windows to let air circulate as often as possible (unless you may be sensitive to outdoor allergens).
- * Keep the cat out of the allergic person's bedroom and clothing closets. Consider any other area where the allergic person spends a great deal of time, like a home office.
- * Do not leave your coat, purse, or other items you often use lying about for your cat to rub against or lie on.
- * Use a HEPA vacuum cleaner. Vacuum often, daily if possible, don't forget the furniture and draperies.
- * Wet dust with a damp mop or cloth often. Clean all surfaces, including walls, windowsills, etc.
- * The more washable surfaces in the home the better. Also, scented and perfumed substances in the home can be irritating to allergy sensitive people. Some laundry detergents and fabric softeners can also cause allergies to worsen.
- * Wash the bed linens if the cat comes in contact with them. Wash linens and cat bedding often. Consider putting soft cloth or a towel over your cat's favorite nap spots, to make cleaning those areas easier.
- * Have someone else take care of litter box duty if possible. Plain clay litter is often less irritating than scented litter.
- * Wear a dust and pollen mask (available at drugstores) when cleaning, or have someone who is not allergic do the cleaning.
- * Thorough cleaning is key. It may take several house cleanings to remove the allergens (cat related and otherwise) from your home.

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